

HENNESSY HEARING GHOSTS
ACTRESS REVISITS MUSIC ROOTS {page 11}

CATERING TO EVERYONE
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CRASH
MEL DRIVES CAR INTO HILL
DISH {page 14}



HALIFAX metro®
Tuesday, August 17, 2010
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Baillie to head Nova Scotia PCs

- Jamie Baillie secures uncontested Progressive Conservative leadership bid
- Interim leader Karen Casey announces resignation effective immediately

To perhaps no one's surprise, Jamie Baillie will be the next leader of the Nova Scotia Progressive Conservatives.

Nominations closed for the Tory leadership race at 5 p.m. yesterday with only Baillie's name on the ballot.

But at a press conference minutes later, Baillie said he hasn't run a one-horse campaign.

Caucus, executive to meet

Interim Jamie Baillie could be chosen interim Tory leader after the caucus meets tomorrow and party executive Saturday.

"We have run a very energetic, dynamic leadership campaign," he said, citing a criss-cross tour of Nova Scotia.

Baillie has been endorsed by almost every sitting MLA in the party, with the exception of former Interim leader Karen Casey, who could not endorse a leadership candidate, and Inverness MLA Allan MacMaster, who said he looked forward to working with the next leader.

ALEX BOUTILIER MORE COVERAGE, PAGE 3



▶ Marlon Solis and Amber Whyley have their photo taken with a cookie replica of the Canada Games medals as well as mascots Sammi and Anni yesterday. Whyley and Solis' medal design beat out about 90 other submissions. Story, page 4

RYAN TAPLIN/METRO HALIFAX

Medal design winners savour taste of sweet success

Wellness

Metro's guide to good living

- Seven gym bag essentials for guys
- Cholesterol-fighting drugs with your burger?
- How to keep your knees pain-free, and more {pages 15-16}

Herd hopefuls head to camp



GM Cam Russell facing some tough decisions for roster {page 20}

BPA chemical in most Canadians

Study finds level highest among teens {page 7}

Can't recall all those PINs?

Alison Griffiths has a Financial Bomb Shelter plan {page 19}

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Three sought in home invasion

Police are looking for three men in connection with a late-night shooting in Fairview.

Halifax Regional Police responded to 80 Rufus Ave. just before 11:30 p.m. on Sunday, after receiving reports of a shooting.

Police say two men carrying handguns and one with a bat forced their way into a multi-level apartment, demanded cash, and shot a 45-year-old man in the shoulder.

No comment

- **80 Rufus Ave.** A man who identified himself as the operator of the site refused to comment yesterday when contacted by Metro

The victim's wound was not life-threatening. Three other people who were in the apartment at the time were uninjured.

The intruders then fled the building and are believed to have left the scene in a waiting vehicle.

Police spokesman Const. Brian Palmeter said the incident is not believed to be random and the victim is known to them.

A woman who lives in a neighbouring building said she heard the gunshots, followed by a woman's scream. Another neighbour said he was asleep during the shooting, but heard police arrive.

ALEX BOUTILIER

PHILIP CROUCHER/METRO HALIFAX



▶ A police van outside of the apartment on Rufus Avenue where a shooting took place on Sunday night.

New PC leader looks to the future

- Baillie only person to submit nomination and $25,000 deposit
- Congratulated by party president



ALEX BOUTILIER
@METRONEWS.CA

Progressive Conservative leader-in-waiting Jamie Baillie told reporters yesterday he wants to combat cynicism in Nova Scotia's political process.

"In spite of all the cynicism about politics, Nova Scotians still want to believe that politics can be honourable," he said, minutes after securing the party's leadership.

"(Politics) is meant to be a sacrifice in the service of others."

Baillie, the former chief of staff to Premier John Hamm, said he doesn't consider himself a representative of the old guard, but as a reform-oriented alternative — despite the fact his campaign was run by veteran Tories Jamie Muir and Ted Larsen.

"There were 240 people at my campaign launch, some of them were recognizable faces ... but there were a lot of people there who are new to the PC party," he said.

"They may not be faces and names that are known today, but they will be."

Still, Baillie listed Hamm as his foremost political mentor, stressing the Hamm government's focus on balanced budgets.

Transition

- **Start date** Jamie Baillie will officially take over as leader at the Oct. 29-30 leadership convention in Halifax.

RYAN TAPLIN/METRO HALIFAX



▶ Jamie Baillie will be the next leader of the provincial Progressive Conservative party after passing yesterday's 5 p.m. deadline unopposed.

Hike not as bad as expected?

The province's decision to loosen emissions standards has blunted the impact of proposed rate hikes, according to Nova Scotia Power Inc.

NSPI made a request yesterday to the province's Utility and Review Board to increase rates by 6.5 per cent for residential users, 8.6 per cent for commercial users, and 11.3 per cent for industrial users. NSPI is citing higher fuel costs as the reason behind the increase.

Initially, NSPI forecast an increase of around 12 per cent for residential and 18 per cent for commercial and industrial users.

But thanks to the NDP's decision last month to put off meeting mercury emissions standards, fuel costs are expected to be $60 million less than originally forecast.

According to NSPI spokesman David Rodenhiser, the fuel adjustment increases are mostly to cover fuel costs incurred earlier this year under the more stringent environmental targets.

ALEX BOUTILIER

Next step

- **Public** The Utility and Review Board will hold a public hearing in October on the proposed rate hike.

News in brief

Former doc's trial begins

CRIME. The murder trial of a former Halifax doctor started in Danville, Ky., yesterday.

Steven Hall, 48, a native of Halifax, lived in the area with wife Isabel Hall, originally from Sydney River, for 12 years.

According to the local paper, The Advocate-Messenger, he pleaded not guilty last year to charges that he killed Isabel, 49, with a pontoon boat while the couple was celebrating their anniversary on May 29, 2009.

Early testimony revealed Hall made a comment about another woman's breasts, enraging his wife. The other woman he referred to is set to testify at the trial.

Hall was held on a $2-million cash bond since his arrest. METRO HALIFAX

1 news

News on the move

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Council to hear analysis on homeless

RYAN TAPLIN/METRO HALIFAX



Halifax regional council will hear a presentation on how best to deal with Halifax's "homelessness crisis" tonight.

John Hartling, spokesman for Community Action Against Homelessness, said the 10-minute presentation will explore partnership opportunities for the municipality to help address the issue.

"We're hoping we can provide some encouragement on (council's) development of an affordable housing strategy," he said.

Hartling said the municipality currently has staff examining such a strategy, and hopes his organization can play a part. He said a few councillors, including Coun. Jennifer Watts and Coun. Dawn Sloane, have been very supportive.

"We really want to work together in the future," he said. "There's some exciting developments that they have been engaged in."

"I think it's within both the provincial and municipal mandates to clearly look at what can we ... do to facilitate many options on all parts of the affordable housing continuum."
COUN. JENNIFER WATTS

ALEX BOUTILIER

News in brief

Police seek stolen car

ATTEMPTED MURDER. Halifax Regional Police are asking for the public's help in finding a car stolen during an alleged attempted murder. Police were called to the 200 block of Willet Street just after 3:30 p.m. on Sunday, where they found a 37-year old man with severe head injuries in his apartment. The victim was transported to hospital with serious but stable injuries.

ALEX BOUTILIER

Two busted at high school

ROBBERY. Two men were arrested at the Hants East Rural high school in Milford 2 a.m. yesterday. The pair allegedly was carrying stolen items.

METRO HALIFAX

$10K in supplies stolen

THEFT. Around $10,000 worth of construction supplies were stolen from a fenced-off area off of Lawrencetown Road.

METRO HALIFAX

RYAN TAPLIN/METRO HALIFAX



▶ Jean Paul Deveau, left, Halifax 2011 Canada Games chair, and Saint Mary's students Amber Whyley, middle, and Marlon Solis stand on a podium during a press conference at the Tower yesterday.

A tasty win for medal makers

- Designers asked to capture spirit of Canada Games and Nova Scotia
- Games medals will be produced by Charm Diamond Centres



JENNIFER TAPLIN
@METRONEWS.CA

Rarely have medals tasted so delicious.

Two university students unveiled their winning designs for gold, silver and bronze for the Halifax 2011 Canada Winter Games yesterday. The actual medals haven't been crafted yet, but the designs were iced on cookies for the unveiling at Saint Mary's University.

Winning designers Amber Whyley and Marlon Solis agreed gold tasted best.

"We're kind of business students and undercover artists at the same time," said Whyley, who hails from the Bahamas.

They were surprised to learn they beat out about 90 other entrants to win the design bid.

"Nova Scotia has a rich history of living off the sea, so I think it made a good representation of where the games are held and what we're all about here in Nova Scotia," she said.

Solis, who was born in Malaysia, added he thinks they had a unique vision of Nova Scotia. "We connected with Canada because being immigrants, we felt distance from the rest of the community."

1,065
The number of medals to be awarded during the Halifax 2011 Canada Games in February.

Medals

Canada Games athletes are training hard for the chance to win a medal in Halifax in February, said Jean Paul Deveau, chair of the Halifax 2011 Canada Games.

- **Deveau says,** "It's important to select a design that any Canada Games athlete would be proud to wear."
- **Design** In the design, there's a wave inspired by the statue at Sackville Landing, a ribbon loop inspired by the gates of the Public Gardens, and athletic figures in motion.

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IMPAIRED DRIVING

Arrests made in Hwy. 101 car chase

An early morning car chase led to two arrests yesterday.

Halifax RCMP received a call at 1 a.m. about a suspected impaired driver on Highway 101. The vehicle, a Subaru Legacy, was found and stopped near Exit 3.

Police say the vehicle then sped away down the highway but lost control and ran into the median where the four occupants spilled out of the car and ran into the woods.

One suspect immediately came out and was arrested.

A police dog tracked another suspect and he too was arrested. The men, aged 18 and 19, will be charged with fleeing from police and joy riding.

Police are still looking for the other two suspects.

JENNIFER TAPLIN

Magazine Hill shut today for blasts

Magazine Hill will be shut down for about two hours this morning because shells will be detonated nearby.

Explosive Ordnance Disposal personnel will detonate the shells at the nearby Canadian Forces Ammunition Depot between 10 a.m. and noon today.

The highway will be closed in both directions from Akerley Boulevard and Windmill Road to where Dartmouth Road and the Bedford bypass meet the highway.

METRO HALIFAX

Council eyes request for emergency funds

RYAN TAPLIN/METRO HALIFAX



▶ A boy walks along the crumbling seawall at Sir Sandford Fleming Park on Sunday.

North West Arm seawall repairs to be discussed at meeting tonight



ALY THOMSON
HALIFAX@METRONEWS.CA

Sections of the North West Arm seawall are in dire need of repair.

The seawall, located at Sir Sandford Fleming Park, is deteriorating and sections are "literally falling down," Coun. Linda Mosher said in a request to council.

She said she received a call from a resident recently who was knocked into the water when rocks from the wall fell down. Mosher added she's been trying to get the repairs underway for four years.

Coun. Sue Uteck said rather than a quick fix, council wants to replicate what was once there.

She said council is trying to work with Parks Canada in order to fund the repairs. "We need funding from them to help us fix that area," she said.

Earlier this month, Senator Stephen Greene presented a plaque commemorating the tower's significance in marking the birth of parliamentary democracy in Canada.

Tower's history

- **The Dingle Tower** was built between 1908 and 1912.
- **It was erected** to mark the 150th anniversary of the Nova Scotia House of Assembly's sitting in 1758, the first elected colonial legislative body in the British Empire.



News in brief



▶ Pardis Parker

Haligonian could be Next Top Comic

COMEDY. Good news is coming fast and furious for Halifax comic Pardis Parker.

It was announced yesterday he made it into the finals for Canada's Next Top Comic.

He's also a four-time nominee at the upcoming Canadian Comedy Awards and his film Two Men, Two Cows, Two Guns, is set to receive Silver at the upcoming JamFest Indie Film Festival in Hammond, La. Pardis is up against comics from Toronto, Vancouver and Ottawa for Canada's Next Top Comic.

Online voting started yesterday and the winner will be announced Sept. 1.

METRO HALIFAX

DUI charges pending after scooter chase

MAITLAND. With a can of beer in his hand, a man driving a scooter allegedly tried to evade police on the weekend.

It started in Maitland on Saturday night when someone spotted a scooter driver swerving on Highway 215.

Police say the 36-year-old man wasn't wearing a helmet and was carrying an open can of beer. He tried driving into a field when he noticed police on his tail, but he was quickly apprehended.

Police say he failed a breathalyzer test and impaired charges against a suspect are pending.

METRO HALIFAX

Desmond honoured in New Glasgow

PARDONING. New Glasgow is honouring the memory of Viola Desmond, a black woman wrongfully jailed and fined in 1946 for sitting in the whites-only section of a local movie theatre.

The province presented the town yesterday with a copy of the Royal Prerogative of Mercy free pardon.

METRO HALIFAX

Russia. Road protest



▶ An activist protests in downtown Moscow yesterday.

IVAN SEKRETAREV/THE ASSOCIATED PRESS

Protesters object to highway plan

Activists protested the cutting down of a forest for highway construction in a Moscow suburb. The number 67 written on the demonstrator's forehead allegedly shows the percentage of Moscovites who oppose the clearing plan.

The chemicals inside us

Study finds most Canadians have levels of bisphenol A in bodies 88 per cent have mercury concentrations

It's found in soft plastic bottles and in the linings of tin cans — and probably in you, too.

Most Canadians have low levels of a chemical called bisphenol A in their bodies, a new federal study has found.

The Canadian Health Measures Survey, released yesterday by Statistics Canada, says 91 per cent of Canadians aged six to 79 had bisphenol A in their urine.

The study, conducted between 2007 and 2009, analyzed blood and urine samples for indicators of more than 80 environmental contaminants and chemical substances.

Researchers also found the amount of lead in Canadians' blood has fallen dramatically since they were last measured 30 years ago, while most blood tests turned up detectable levels of mercury.

This is the first time bisphenol A concentrations have been measured nationally.

The chemical has been used in water bottles, canned food lining and hundreds of other household items.

Some scientists believe exposure to bisphenol A can harm the reproductive and nervous systems and possibly promote cancers.

They point to dozens of animal studies, though the negative effects have not been recorded in human studies.

One expert said he wasn't overly worried by the findings.

"I don't think we should alarm the public that there's a huge problem there. I don't think there is," said Dr. John Giesy, a professor at the University of Saskatchewan and the Canada Research Chair in Environmental Toxicology.

"But, at the same time, all chemicals can be toxic. We know lead and mercury do cause effects at small levels, and we should always be prudent and we should always be vigilant."

THE CANADIAN PRESS

Teens

The Canadian study found concentrations of BPA in urine were higher for children aged six to 11 than they were for adults aged 40 to 79. The study found the highest concentrations in teens.

▶ The federal government has already taken action to forbid the sale in Canada of polycarbonate plastic baby bottles that contain bisphenol A. Many retailers had already pulled plastic water and baby bottles from their shelves before the government announced the ban in 2008.

Afghan couple stoned to death

Taliban militants stoned a young couple to death for adultery after they ran away from their families in northern Afghanistan, officials said yesterday. This weekend's stoning appeared to arise from an affair between a married man and a single woman in Kunduz province's Dasht-e-Archi district. They were discovered by Taliban operatives Sunday.

THE ASSOCIATED PRESS

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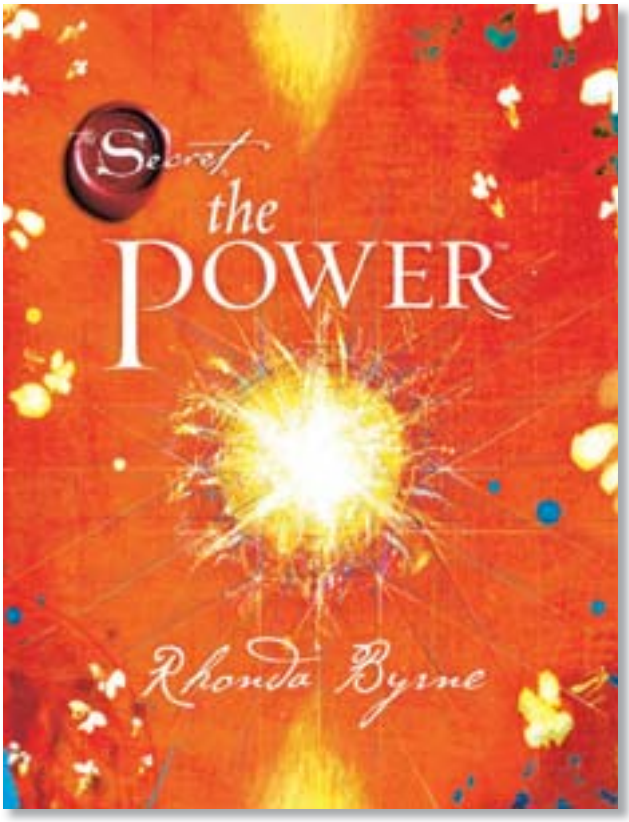
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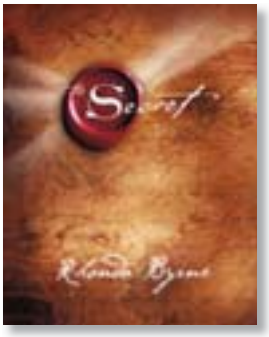


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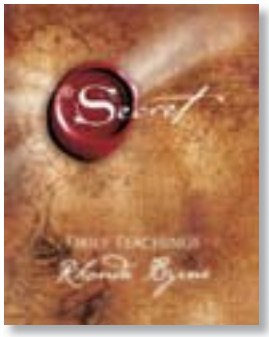
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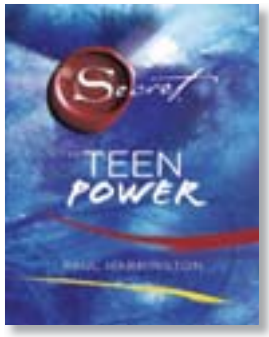
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HST blamed for housing slowdown

- Sales peaked in 2009 on pent-up demand from the recession
- Ultra-low interest rates helped

Canadian homes sales activity last month was down 30 per cent from a year earlier — a decline driven largely by a widely expected slowdown following the introduction of a new tax regime in the once-hot markets of B.C. and Ontario.

The Canadian Real Estate Association says the decline was almost entirely the result of fewer sales in British Columbia and Ontario, where the harmonized sales tax was implemented July 1, prompting many would-be buyers to push sales forward into the first half of the year.

THE CANADIAN PRESS

Home sales

- **British Columbia** had the biggest dropoff at 14.1 per cent, followed by Ontario with an eight per cent decline. Sales in the Prairies and Quebec were on par with June levels.
- **The Canadian Real Estate Association** says the pace of decline was slower than in May and June — which followed an extremely busy period early this year.
- **CREA** says the average price of homes sold through the MLS was $330,351, up one per cent from a year ago.

Retail. Louis Vuitton



▶ Chinese officials cut up fake Louis Vuitton bags.

THE ASSOCIATED PRESS

China destroys fakes

Chinese business administration officers destroyed Louis Vuitton handbags during a mass elimination of counterfeit Louis Vuitton products in southwest China's Chongqing city yesterday.

China overtakes Japan as No. 2 GDP

Japan lost its place as the world's No. 2 economy to China in the second quarter as receding global growth sapped momentum and stunted a shaky recovery.

Japan's gross domestic product grew at an annualized rate of just 0.4 per cent, the government said yesterday, far below the 4.4 per cent expansion in the first quarter.

Japan's nominal GDP, which isn't adjusted for seasonal variations, was worth $1.286 trillion in the April-to-June quarter compared with $1.335 trillion for China. The figures underscore China's emergence as an economic power. THE ASSOCIATED PRESS



"Japan is the canary in the gold mine because it depends very much on demand in Asia and China, and this demand is cooling quite a bit."

MARTIN SCHULZ, ECONOMIST, FUJITSU RESEARCH INSTITUTE, IN TOKYO

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR	Natural gas 1,000 cu ft	OIL	TSX
– 0.29¢ (95.73¢ US)	$4.228 (– 10¢) Gold contracts $1,224.50 (+ $9.60)	– 15¢ US ($75.24 US)	+ 24.51 (11,552.76)

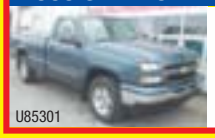
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This Week's Blowout Specials

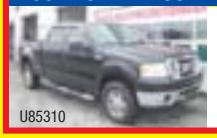
2006 HUMMER H3

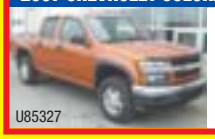
3.5L Manual, Alloys Fog Lights, 4x4 100,000km
U85255 $18,985

2006 JEEP CHEROKEE LAREDO

3.7L, A/C, Keyless, AWD, 44,000km
U85266 $15,985

2006 CHEVROLET SILVERADO

4.8L Auto. Auto, A/C, Alloys, CD, Tow Package, 4x4, 69,000km
U85301 $15,985

2007 FORD F-150 XLT CREW CAB

5.4L, Auto, A/C, Alloys, Tow Package, 4x4, 68,000km
U85310 $23,985

2007 CHEVROLET COLORADO CREW CAB

3.7L. Auto, A/C, Alloys,Tow Package, 4x4 71,000km
U85327 $17,985

2006 CHEVROLET COBALT SS

2/0L Auto, A/C Supercharged, Sunroof, Spoiler 87,000km
U85328 $11,985

2008 DODGE CHARGER

2.7L, Auto, A/C, AM/FM/CD/MP3, 15,000km
U85344 $15,985

2008 DODGE DAKOTA

4.7L, Auto, A/C, Alloys, Tow Package, 4x4, 35,000km
U85360 $16,985

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TRENDY TURN-OFFS: A FASHION FIGHT

She says ...

JESSICA NAPIER



The other day, I found myself standing in my closet with a serious case of nothing-to-wear syndrome.

After I had spent half an hour rummaging through an enormous pile of clothes, I eventually decided to throw on an old standby summer dress. I emerged from the closet in a fun, flirty (and maybe most importantly, forgiving) frock only to be met with unappreciative groans from my boyfriend who had been patiently waiting while I had my wardrobe-related meltdown.

"Couldn't you wear something a little tighter?" he asked, eyeing my flowy, empire waist garment. "That looks a little bit like a tent."

Apparently, my testosterone-fuelled roommate is not a fan of comfort over curves. I decided to keep the dress on regardless; this was hardly the first time we had feuded over fashion.

Our most memorable clash was our war of words over the siren-red lipstick. I say sexy bombshell, he says un-kissable harlot. It seems most men do not appreciate puckering up to someone with an intensely pigmented mouth.

"Why do men and women have such vastly different opinions on our favourite items of clothing? I have to assume that guys don't really care about the clothes themselves."

Why do men and women have such vastly different opinions on our favourite items of clothing? I have to assume that guys don't really care about the clothes themselves; they're more concerned with how we look in them. Figure trumps fashion, and so the trends that we find en vogue are often given a thumbs down by the men in our lives.

Looking back, we've all made some style faux-pas at one point or another. In the '90s, my middle-school self had a bad perm and an even more heinous collection of French berets.

I guess I've always taken an experimental approach to fashion. This year alone I've dabbled in bold shoulder pads, floral hair bands, faux fur vests, clogs, pastel blue nail polish — hell, I even own a pair of jeggings. But more often than not these looks are met with an eyebrow raise from a partner who doesn't seem to appreciate my penchant for achingly trendy items.

So what fashion fad do men hate the most? UGGs. Yes, according to a recent study (and by that I mean an informal poll of my male friends and coworkers) these ubiquitously frumpy boots top the tragic trend list.

Sorry guys, but as long as there are mid-February snowstorms and icy sidewalks, you'll find us stomping through the slush in our hideously practical footwear.

Cartoon

MICHAEL DE ADDER

Helmets great, laws aren't



Letters & Tweets

More bikes, less pollution

RANDY QUAN/TORSTAR NEWS SERVICE



OTTAWA. I am all in favour of using helmets when biking. They protect your noggin and are a good platform for bright reflective stickers.

But if a law discourages healthy activity, even casual cycling for errands and other trips, the gain in safety from accidents is less than the unhealthy effects of inactivity.

Studies in Nova Scotia and Australia and other places have recorded significant and large decreases in cycling when helmets were made mandatory for adults. In Europe, few cyclists wear helmets, but their injury and fatality rate is much less than North America where a greater proportion wear helmets.

The more cyclists there are, the lower the accident rate is, so discouraging cycling actually increases the danger to the remaining cyclists. When helmet laws were introduced in Nova Scotia, there were fewer cyclists and a greater proportion wearing helmets — but just as many injured cyclists.

More cycling also means less air pollution and less wear and tear on the roads.

The biggest safety benefit of helmet laws is largely for kids.

I think the greatest danger comes from less cycling, not legislating bicycle helmets for adults.

TOM TROTTIER

What's your favourite dessert?

Email
halifaxletters@metronews.ca

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Metro Minute with the Backstreet Boys

CONTRIBUTED



▶ The Backstreet Boys.

Backstreet's Back, all right. Pop music stars The Backstreet Boys are returning to Halifax for a show tomorrow night at the Metro Centre.

The Boys — minus Kevin Richardson — are still touring despite their most popular days being about 10 years ago.

Still, who can forget their many No. 1 hits — and that they have sold more 130 million records worldwide, making them arguably the top boy band to ever take the stage.

Tickets for the show are $72 each. Canadian Shawn Desman is the opener, with the show beginning at 8 p.m. Visit ticketatlantic.com for complete ticket information.

METRO HALIFAX

GENTL & HYERS



▶ Actress Jill Hennessy started out as a teen busking for rent money and has released a new album Ghost in my Head.

Hennessy gets back to her musical roots

Many of the songs inspired by her unsettled family life across Canada

GRAHAM ROCKINGHAM
SCENE@METRONEWS.CA

Twenty years ago Jill Hennessy, the popular Canadian actress, best known for her work in Law and Order and Crossing Jordan, used to earn her keep by standing outside a Queen Street club in Toronto, strumming a guitar and singing for spare change.

At the time, Hennessy hadn't really thought of acting. An audition for the Broadway musical, The Buddy Holly Story, would eventually get her to New York and an enviable career as an actress.

Back then, her life centred around music and just getting the rent paid. During the past few years — freed from the distractions of a hit TV show — Hennessy has been able to refocus her talents on music. The result is her debut album, Ghost in my Head.

Hennessy, 41, laughs when reminded of her busking career back in the early '90s: "Outside the Rivoli was where I used to play guitar for money. It will be such a luxury to actually play inside for money for the very first time."

Hennessy was born in Edmonton, but raised in several different cities in Canada as her family followed her salesman father from job to job — Calgary, then White Rock and Cranbrook in B.C., Burlington, Kitchener and Waterloo in Ontario. At the age of 18, she found herself living by herself in downtown Toronto and took to the streets.

Through the influence of her parents' record collection, Hennessy's musical tastes were formed listening to the songs of Joni Mitchell, James Taylor and Gordon Lightfoot. Her new album follows that '70s singer-songwriter tradition.

"They're songs that a lot of people can relate to," Hennessy says in an interview with Metro. "These are the images that have been haunting me for a very long time so I did find them necessary to put down."

Canadian double threats

Beside Jill Hennessy there have been several other Canadian cross-over actors/musicians. Here are some of the other noteable ones:

Alanis Morissette: The Jagged Little Pill singer from Ottawa had the honour of playing God in Kevin Smith's Dogma and is a regular on Weeds.

Hugh Dillon: The lead singer of the '90s rock band the Headstones is now the star of Flashpoint and Durham County.

Drake: One of the hottest music stars in the world got his start playing Jimmy Brooks on Degrassi: The Next Generation.

Chris Jericho: The Winnipeg WWE star has recorded five CDs as singer for metal band Fozzy.

Alan Doyle: The Great Big Sea singer played Allan A'Dayle in Russell Crowe's recent Robin Hood.

Avril Lavigne: The punk princess of punk supplied the voice of Penny the Possum in Beyond the Hedge. Her possum dad was Star Trek's William Shatner.

William Shatner: In 1968, Capt. Kirk released the LP The Transformed Man with ridiculous spoken word versions of Lucy in the Sky with Diamonds and Hey, Mr. Tambourine Man.

GRAHAM ROCKINGHAM

ANTICIPATION HIGH FOR FALL DISCS

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA



No one wants the summer to end, but at least there's a bright side — a plethora of records get released between now and the end of the year. Here are a few discs to lookout for in the back half of 2010.

Weezer — Hurley (Sept. 14)

Even though Weezer's last few records haven't resonated much with longtime fans, people still get excited when Rivers Cuomo releases a new record. This is the first time they've put out a disc on an indie label (Epitaph) and they're claiming it's a return to their indie-rock roots. First single Memories, is hopefully an indication of how the rest of the disc sounds — it's a loud, driving, riff-heavy rock number, and it's really good.

The Walkmen — Lisbon (Sept. 14)

This gritty New York four-piece rose to indie-rock fame with their 2004 sophomore record Bows & Arrows and have been consistently strong since. While they continue to make gravelly, amped-up Dylan-inspired sounds, they're also not afraid to turn down the distortion. That's clear from their new songs on MySpace. Stranded is a quiet ballad with sad sounding horns and minimal guitars; Angela Surf City is the opposite — it's got manic drums, an aggressive wall of distortion and Hamilton Leithauser's brilliant wail.

Antony and the Johnsons — Swanlights (Oct. 12)

Antony Hegarty is proof that you don't need to be a Maroon 5-wanabee if you want a successful music career. His band, Antony and the Johnsons, have made a name for themselves playing soft, dramatic chamber pop. The 2005 Mercury Prize winner's last disc was pretty depressing so it's a nice to change to hear new single Thank You For Your Love — an upbeat soul number that shows off Hegarty's happier side.

Kanye West — Good Ass Job (Nov. 16)

There's almost no artist who can generate pre-album buzz like Kanye West. Last week, out of the blue, he released an unmastered version of a new song on his website. (It's since been taken down.) If this track is any indication, his fifth record will be a big improvement over the lacklustre, auto-tune mistake 808s & Heartbreaks. The song, See Me Now, is an upbeat number layered with choir-like background vocals and an aggressive R&B chorus courtesy of Beyoncé. The disc also features contribution and productions credits from Kid Cudi, Q-Tip, Pete Rock, RZA, and apparently, Bon Ivor's Justin Vernon.

2 scene

News in brief



1 The first crop of Emmy presenters have been announced, and they represent some of the most popular and most nominated TV shows of the year. Nominees Matthew Morrison, January Jones, along with The Office creator Ricky Gervais will appear at the Aug. 29 ceremony.
THE ASSOCIATED PRESS

2 Another MTV Jersey Shore cast member has been arrested. Police say Ronald "Ronnie" Ortiz-Magro was taken into custody around noon Sunday for outstanding warrants involving unpaid parking tickets.
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Job transfer: Ricky Gervais is developing The Office for Chinese television

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off target



Gunless
Genre: Action
Director: William Phillips
Stars: Paul Gross
●●½

The pistol is primed, but the gunpowder is damp.

Actor Paul Gross (TV's Due South) and writer/director William Phillips (Foolproof), brainy guys both, pass up an opportunity to really have at cross-border cultural traits. They only mildly spoof the American love of guns and the Canadian abhorrence of them.

It's 1882 and U.S. gunslinger The Montana Kid (Gross) arrives in Barclay's Brush (pop. 29), a hamlet in the "Dominion of Canada."

On the run from bounty hunters (led by Gross's old Due South pal Callum Keith Rennie), he's barely made it across the border, strapped to his trusty steed and carrying unwanted lead in his hide.

When a local blacksmith (Tyler Mane) offers assistance, he's greeted with a Colt .45 in his face and the demand of a sundown shootout. A rapturous farmer (Sienna Guillory) scowls, pointing to the very Canadian disinclination of Barclay's Brush inhabitants to carry handguns.

Gunless does have its heady moments. They include a sublime soundtrack by Blue Rodeo stalwart Greg Keelor and evocative lensing by cinematographer Gregory Middleton. ● PETER HOWELL

Suck
Genre: Musical/Comedy
Director: Rob Stefaniuk
Stars: Rob Stefaniuk
●●●½

In a good and generous world, Rob Stefaniuk's hilariously frightful rock 'n' roll vampire satire would have been given a big Halloween theatrical splash after its fine TIFF hello last year. Instead, Suck has been a-moldering in the crypt until now, when it bypasses cinema for a stealth release on DVD.

It's The Rocky Horror Show meets This Is Spinal Tap, a musical comedy collision that's been waiting to happen. Writer/director Stefaniuk (Phil the Alien) stars as the leader of a toothless Canuck band, the Winners, that suddenly finds its fangs.



Jessica Paré plays the adventurous bassist who makes blood lust sexy. The road to hell — and Buffalo — turns crimson as the Winners rocket to the top of the charts and the bottom of the gene pool.

Watch for devil-saluting turns by rockers including Alice Cooper, Iggy Pop and and Alex Lifeson. ● PETER HOWELL



Me and Orson Welles
Genre: Drama
Director: Richard Linklater
Stars: Zac Efron, Christian McKay
●●½

Never has a "me" seemed more superfluous in a title than it does in Me and Orson Welles. The "me" refers to Zac Efron, who is looking to break out of his High School Musical box with a more dramatic role. He doesn't succeed, but the other half of the title and the entire movie belongs to Christian McKay, an unknown Briton who renders unto Welles what the showbiz giant truly deserves. ● PETER HOWELL



Mara lands Tattoo role



CASTING. Rooney Mara will be working alongside James Bond star Daniel Craig in the Hollywood remake of The Girl With the Dragon Tattoo.

Sony Pictures announced Monday that Mara will play Lisbeth Salander, a fearless genius tormented by a terrible childhood, in the crime thriller based on the first book in Stieg Larsson's bestselling series. Dragon Tattoo is directed by David Fincher.

THE ASSOCIATED PRESS

Glee-fully awaiting Season 2

Glee creator Ryan Murphy isn't shy when it comes to spilling details about the series' second season — which airs on Global in September

AMBER RAY
amber.ray@metro.us
REPORTING FROM TCA PRESS TOUR

Big-name musicians are still clamoring to have their music on the show
"I got a mix tape from Paul McCartney a couple weeks ago," Murphy admitted. "I thought I was being punked. It was ... two CDs and it said, 'Hi, Ryan. I hope you would consider some of these songs for Glee,' and then it said 'Paul.' It had these huge songs (on it). I know that he is ... a fan of the show and just admires and loves that it's about art education. We are going to do something with him."

Don't expect Glee: The College Years anytime soon
"We've sort of mapped out the first four years with our original cast," Murphy said. "But I think, you know, we have an obligation to be true to the high school experience. I don't want to do a thing where we wake up and Episode 5 is five years in the future and they're all living in the same condo complex."

But there's room for original music in Season 2, too
"We are going to have an original-music episode," Murphy said. "The assignment will be for the (actors) to write their own music. And we're talking to some great songwriters.

Britney Spears gets a tribute episode
"We're going to do the Britney Spears (tribute episode) in a very unusual way," Murphy teased. "My favorite thing about the Britney Spears thing is (star) Matt Morrison was asked if we were doing it, and he said, 'Oh, I hope not.' So the entire episode is him saying 'No, we're not doing Britney Spears.'"


Glee returns Sept. 21 at 8 p.m. on Global.

TV picks

White Collar your PVR

DRAMA. On White Collar, Neal confronts an old rival and an old challenge: creating a tricky forgery of a bottle of wine that once belonged to Ben Franklin. But as is often the case on this breezy procedural — a cable hit in the U.S. that Canucks are still catching up to — things might not always be as they seem. (A Channel)

America's Got Ratings?

WILDCARD. Seven days after 10-year-old Jackie Evancho's stunning performance of Giacomo Puccini's aria O Mio Babbino Caro, it's wildcard week on America's Got Talent. That means 12 previously eliminated acts will get a second chance at a spot in the semifinals. No word if the popular show has anyone else like Evancho up its sleeve — which has given the program a much-needed boost of popularlity in its fifth season. (Citytv, NBC)

THE CANADIAN PRESS



WRIGHT ANSWER

Director happy with Pilgrim haul



Scott Pilgrim vs. the World director Edgar Wright says he's happy with the film's opening weekend gross.

The comedy-action flick starring Michael Cera opened in fifth place with $10.5 million US in ticket sales.

Wright took to Twitter yesterday to counter the notion that the film's gross was a disappointment.

"For the record, am pretty damn happy to have a Top 5 movie and a Top 5 album in the U.S.," Wright wrote. "Never had either before."

The relatively underwhelming box office take came despite an overwhelming amount of online discussion devoted to the film.

THE ASSOCIATED PRESS

Bieber exacts tweet revenge

Detroit teen Kevin Kristopik learned a valuable lesson this weekend: don't mess with Justin Bieber.

Kristopik apparently did something to upset the Canadian pop singer, who then used Twitter to exact his revenge.

In a tweet posted at 10:47 p.m. Saturday, which was deleted soon after, Bieber sent out a phone number that he claimed was his and invited his 4.5 million followers to call or text him.

And call and text they did.

But Bieber actually posted Kristopik's cellphone number and the hapless teen soon found his iPhone rendered useless as it was bombarded by Bieber fans.

In a video posted to YouTube, his phone can be seen getting a steady stream of calls and texts. He told the Detroit Free Press he'd received an estimated 26,000 text messages.

By yesterday afternoon, Bieber had not commented about the incident on Twitter. The nature of Bieber and Kristopik's relationship is unknown.

THE ASSOCIATED PRESS


Hell hath no fury like a Bieber scorned.

To the Lightbox

David Cronenberg, Isabella Rossellini and Peter Bogdanovich are among the cinematic luminaries set to visit the new home of the Toronto International Film Festival this fall.

The five-storey Bell Lightbox is due to open next month during this year's edition of the festival.

It'll be the permanent, year-round home of the fest and will host screenings and exhibits as well as house office space.

The celeb speakers are coming to town to chat about some of the titles on the festival's list of one hundred most influential films.

This year's edition of the Toronto International Film Festival runs Sept. 9 to 19.

THE CANADIAN PRESS

Car wreck that is Mel's life gets real

Embattled actor crashes his expensive Maserati into a Malibu hillside Police claim Gibson unhurt, alcohol not suspected to be a factor

Mel Gibson was uninjured after crashing his sports car into a Malibu hillside, the California Highway Patrol said.

Gibson's 2008 Maserati careened off southbound Malibu Canyon Road on Sunday evening, the agency said.

Gibson's spokesman Alan Nierob said in an email the actor-director was doing fine.

The 54-year-old Academy Award winner was alone in the car. Authorities do not suspect alcohol was involved.

Gibson co-operated with the agency and was picked up from the scene by a friend. The CHP did not release any further details, and it was unclear how much damage Gibson's car sustained.

It's been a rough couple of months for Gibson, who is locked in a bitter custody dispute over his infant daughter with Russian singer Oksana Grigorieva. He also remained under investigation by the Los Angeles County Sheriff's Department for an alleged assault on Grigorieva earlier this year, although no charges have been filed.

THE ASSOCIATED PRESS

GETTY IMAGES



▶ Mad Mel continues his rampage of destruction upon his beloved possessions.

Side Dish



1 Neil Patrick Harris and his partner, David Burtka, will become parents of twins this fall. A representative for Harris confirmed in an email yesterday that Harris made the announcement in a posting on Twitter. He did not say whether they were adopting or using a surrogate.

2 Jennifer Aniston is brushing off comments by Bill O'Reilly that the actress' support of single mothers is "destructive to our society" and "diminishes the role of the father," according to People magazine. "Of course, many women dream of finding Prince Charming with fatherly instincts, but for those who've not yet found their Bill O'Reilly, I'm just glad science has provided a few other options," she said.

METRO WORLD NEWS

Celebrity tweets



Dolly Parton [@Dolly_Parton] Some of my dreams are so big they would scare you!



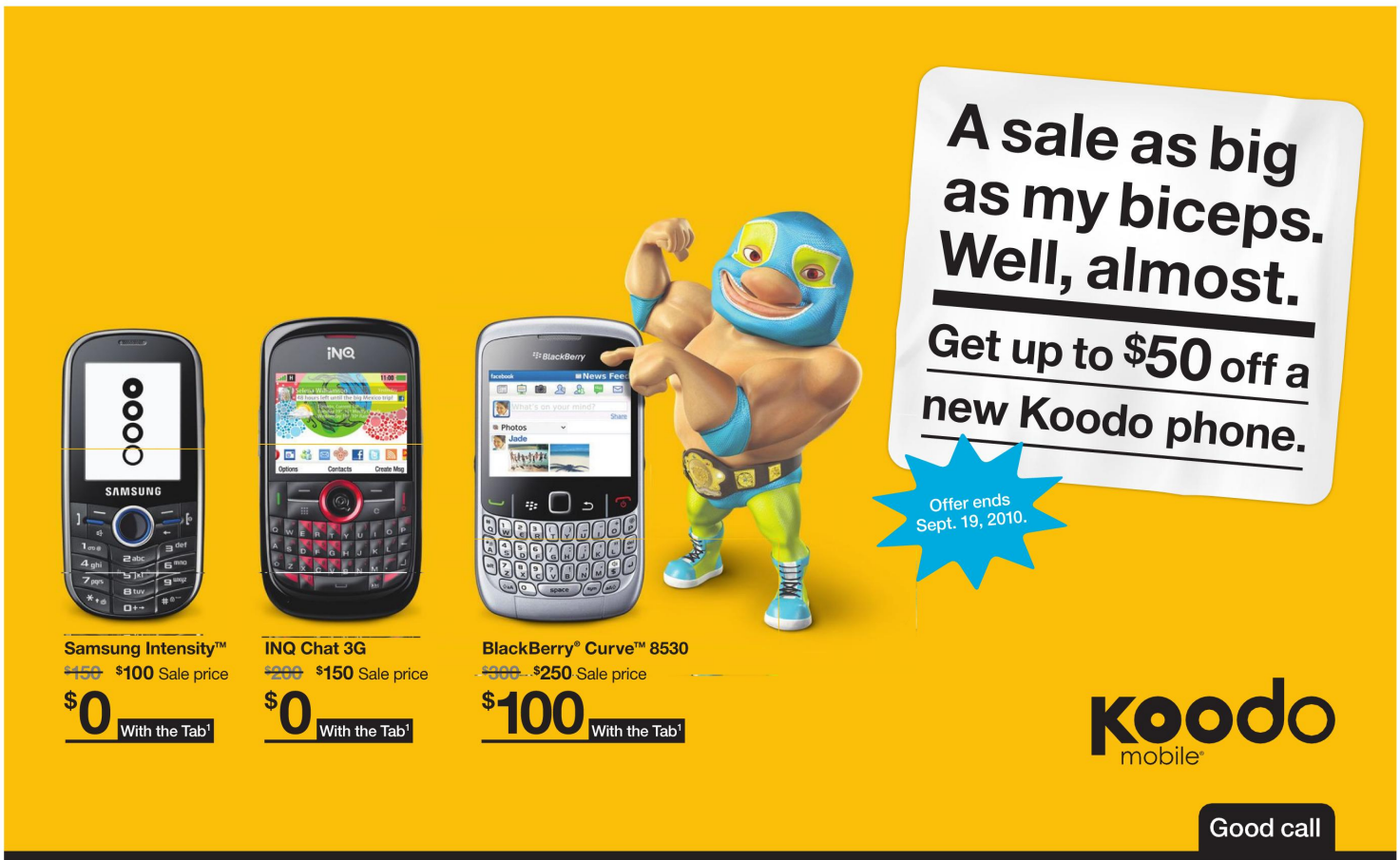
Jamie Oliver [@jamie_oliver] lovely day in England, it's so beautiful in summer in this country



Spencer Pratt [@spencerpratt] is thinking about you. No not you. YOU!



Sarah Silverman [@SarahKSilverman] Anxious, needy cyber laughter is a bummer haha



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ISTOCK PHOTO



Gym bag Essentials

7 things to give every modern guy the extra push he needs to complete his workout

LISA HERZ
WELLNESS@METRONEWS.CA

Used to be, a guy could hit the gym with nothing more than an old pair of Keds, a ratty T-shirt and a can of Axe.

The pared-down aesthetic is timeless for guys, but even unmetrosexual men can benefit from a few gym-bag perks.

1.

A little too enthusiastic with the deadlifts? Get some heat on those aching muscles with JR Watkins liniment ($11.99, Shoppers Drug Mart) containing camphor and capsicum, which calm pain by muting the "screams" of your poor, stressed nerve endings.



2.

Body Shop DeoDry Deodorant Stick in Cool & Zesty ($8, The Body Shop), uses natural volcanic mineral to absorb water and keep you dry for 24 hours. As a bonus, it's crisp and clean, not like those generic, industry-standard scents that all smell like teenage body spray.



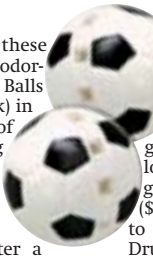
3.

A separate shampoo and body wash? That's not going to happen — too many bottles. Gillette Gentle Clean Shampoo and Body Wash 2-in-1 ($6, drugstores) gives you clean hair and a clean body. Simple.



4.

Stash these miniature deodorizers (Sneaker Balls $6, Sport Chek) in the bottom of your gym bag or slip them into your shoes after a workout. The tiny soccer balls will keep bad smells at bay long after your World Cup-sized workout is over.



5.

Buy a Bodylogix product and you'll also receive a PIN code for online access to trainers and nutritionists who'll create customized workout and diet plans to meet your goals. Bodylogix Thermogenesis capsules ($30, exclusive to Shoppers Drug Mart) accelerate fat-burning to help you get the most out of your workout.



6.

Literally space-age technology, the fabric for the Tilley Outlast T-shirt ($49, tilley.com) was designed by NASA to stay cool when you heat up.

And, conversely, to keep you warm when it's cool.



7. Time your circuits through weight stations with this rugged Swatch Mister Chrono ($135, swatch.com for stores) with a timing feature, easy-to-read dials and a rugged rubber strap.



3 life

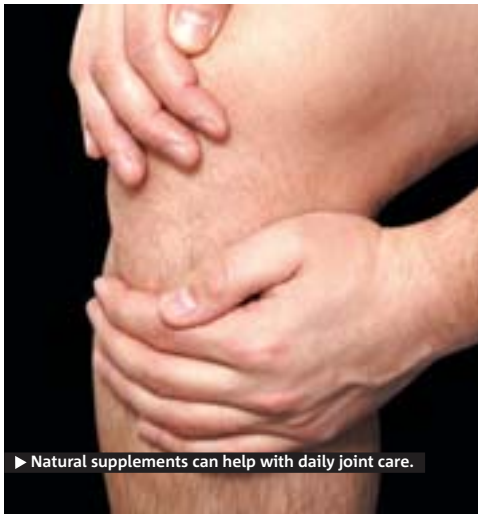
Need to know



Organ donors: A new poll suggests that most Canadians strongly support both organ and tissue donation for transplantation, but many are confused about how to consent to be donors themselves. Find out more at organ-donation.ca

Offspring of sperm donors in the U.S. are seeking changes so they can find their fathers more easily




▶ Natural supplements can help with daily joint care.

Avoid knee pains before they strike

Youth facing problem with their own osteo-arthritic symptoms

More and more young Canadians are experiencing osteo-arthritic symptoms, according to recent studies.

While exercise is a good way to prevent osteoarthritis (OA), it appears that young people who play too hard, or exercise without protecting their joints, can end up with joint pain that used to be more common among their parents or grandparents.

A 2009 study found that people engaged in high levels of physical activity sustained more severe knee injuries, including such damage as fluid buildup and torn cartilage and ligaments. Tennis, skiing and skateboarding can be hard on the knees. Hockey can lead to hip, knee and wrist damage. These types of injury can dramatically increase likelihood of developing osteoarthritis (OA).

Another factor behind OA in young people is obesity. Excess weight puts strain on joints and increases one's risk of injury from even simple day-to-day activities.

Glucosamine sulfate, chondroitin sulfate and MSM are among the most popular natural supplements used for joint care and repair, according to Dr. Joyce Johnson, consumer education specialist at WN Pharmaceuticals.

NEWS CANADA

Do you want statin on that burger?

CELIA MILNE
WELLNESS@METRONEWS.CA

Now we've heard everything! A doctor in the U.K. is suggesting fast food outlets provide statin drugs with their hamburgers.

The idea does have some logic behind it. Hamburgers, French fries and onion rings are known to increase the bad LDL cholesterol circulating in our bloodstreams. Statin drugs are known to reduce bad cholesterol. But, hey, what about avoiding that fast food meal altogether?

Dr. Darrel Frances from the Imperial College in London argues that it's tough to get people to stop



eating hamburgers, so why not reduce their heart disease risk by having statins readily available? The pills could be an optional condiment, he says, like ketchup.

He and colleagues found in a study that being on a statin drug neutralizes the effect of eating badly. "We've worked out that in terms of your likelihood of having a heart attack, taking a statin can reduce your risk to more or less the same degree as a fast food meal increases it," he reports.

Never mind that statins are medications, and therefore associated with side effects. The study was published recently in the American Journal of Cardiology.



How to keep joints pain free

Keep your joints healthy, mobile and pain-free with some basic lifestyle choices.

Exercise that does not stress the joints can help reduce toxic stress, improve muscle tone and improve blood flow, all of which contribute to lifelong joint health.

3 Research suggests three things can help you to prevent inflammation. A low protein diet high in complex carbohydrates, moderate exercise and avoiding foods that are known to cause swelling in joints and muscle stiffness.

It is also important to maintain a healthy weight as excess weight puts pressure on your joints.

Focus on foods that enhance joint flexibility and lubrication. Studies show that a low protein diet, with lots of fresh antioxidant fruits and berries as well as complex carbohydrates, can help prevent osteo-arthritis.

NEWS CANADA

Inflammation

Here is a list of what prevents inflammation and a list of the things that can cause inflammation in joints. Joint inflammation can eventually lead to arthritis.

Prevents inflammation & arthritis:
Apple cider vinegar
Molasses
Fatty Fish like salmon (omega-3s)
Walnuts, flax seeds and flax seed oil
Olive oil
Tart Cherries
Berries and antioxidant fruits
Turmeric, cayenne pepper, rosemary
Kale, chard, cucumbers
Onion

Increases inflammation
Dairy products
Refined sugar, honey, corn syrup
Corn, corn oil
Coffee, carbonated drinks
Beef/red meats
Trans fats/saturated fats
Wheat products, gluten
Egg yolks
Alcohol
Processed meats

NEWS CANADA

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How to cater to everyone

What happens when a carnivore and a vegan come to dinner?

CELIA MILNE
FOOD@METRONEWS.CA

It's pretty typical these days to have a mixed crowd at your dinner party with many different tastes and needs. But fear not, you can still throw a fabulous, down-home dinner party to please everyone.

"The idea is to have a menu that is diverse enough to appeal to all parties," says Corbin Tomaszeski, co-host of Dinner Party Wars, which premieres Sept. 1 at 9 p.m. on the Food Network Canada. For hosting your own dinner party, he suggests starting with old-time favourites such as pasta, rice or classic Italian risotto dishes and adding meat or fish for the carnivores.

For vegetarians, try bean cassoulet or vegetable ragout, suggests Tomaszeski, who is also the executive chef at Toronto's fashionable Holts Café (Holt Renfrew). Keep it fresh for everyone — including those who are dieting or cleansing — with soups and stews, salads, and chopped fresh vegetables. Avoid shellfish and nuts, so that those with allergies can share the fare. "The trick is to prepare a dish without reinventing it but that can be modular for all guests with dietary restrictions or allergies."

Even the simple, one-pot wonder can work at a dinner party. "Right now there's a huge trend of people cooking easy, classic dishes that go back to the roots of cooking and are reminiscent of comfort foods that we grew up with," says Tomaszeski. "Cook foods you're familiar with; take the ordinary and make it extraordinary.

"Preparing and eating food should spark a memory. If it doesn't, it should make one."

You can serve your dinner party family-style without sacrificing quality. It's all in the presentation. "Use big, lovely platters or terrines. Or bowls that sit on the table and get passed around," suggests Tomaszeski.

If you want to take a break from your own dinner party triumphs and disasters, tune into Dinner Party Wars. Each show features three couples over three nights of competition to see which one is best at setting the table, choosing the menu, cooking, leading the conversation and keeping the kitchen on track. Co-host Anthea Turner provides hosting Do's and Don'ts.

Ingredients :

- 2 whole raw rapini — cut into 1-inch pieces
- 4 raw green beans — sliced in half lengthwise
- 4 raw purple beans — sliced in half lengthwise
- 4 raw yellow beans sliced in half lengthwise
- 6 yellow tear drop tomatoes — halved
- 6 red cherry tomatoes — halved
- ½ clove garlic minced
- 1 cup quinoa — cooked
- Salt and Pepper to taste
- 4-6 tbsp.roasted-tomato vinaigrette
- 2 cups whole arugula leaves

Roasted Tomato Vinaigrette:

- 8 halves of roasted plum tomato — skinned and seeded
- 1 garlic clove — minced
- 1 tsp. Dijon mustard
- 1-2 tsp. balsamic vinegar
- 1-2 tsp. red wine vinegar
- ¼ cup extra virgin olive oil
- salt and pepper to taste
- Combine all ingredients in a blender and purée until smooth. Pass through a sieve and chill until use.



For the vegan...

This quinoa salad is perfect to be served to vegan and health conscious eaters.

Gently toss all ingredients together in a medium sized bowl. Line a large platter with whole leaves of your favourite lettuce. Place the mixed quinoa salad on the lined platter and garnish with fresh basil cress.

Serve immediately and enjoy.



Liquid Assets

It's not easy being an organic wine



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

It's not that easy being green when it comes to organic wines. As a winemaker you not only have to be committed to meeting some pretty strict guidelines to become a certified organic producer; you then have to convince consumers that you're not short-changing them when it comes to flavour.

While I've sipped my fair share of organic wines that tasted like licking a manure pile; the quality and selection of organic juice available today has never been better. In fact, with most I'd bet you'd never even know you were drinking a wine that was made without chemical intervention in the vineyard.

Bonterra Vineyards in California's Mendocino County has been making wine with organically grown grapes since the early 1990s. Its 2008 Chardonnay ($18.95 - $21.36) is all about bright citrusy flavours with just a touch of oak, while its 2007 Cabernet Sauvignon ($19.95 - $21.99) shows off big, ripe berry fruit that's massaged by rounded tannins and a light spiciness. *Prices reflect the range across the country. Some products may not be available in all provinces.*

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SPARKS FLY AT REUNION

How We Met: Malisa & Tommy

Names: Malisa, 25, and Tommy, 27

Hometown: Toronto

Together since: 2005

Their story:



▶ Tommy and Malisa started dating seriously seven years after first meeting.

"Tommy and I (Malisa) first met at a restaurant near our schools in 1998; I was 13 and he was 15. We both happened to order the same lunch at the same time.

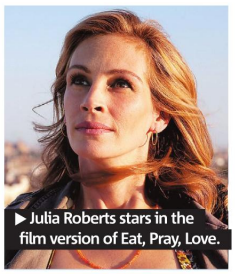
"We laughed it off and started chatting. There were some sparks at the time, and we dated for a bit, but we both agreed we were too young for anything serious, so we drifted apart. Seven years later, in March 2005, we went out for a casual dinner and those sparks started flying again! We moved in together just a few weeks later, and have been inseparable ever since. Tommy came back into my life at the perfect time, as my mother passed away to cancer shortly thereafter in July of that year. It was definitely a difficult time for me. We both realized how much we've been through together, and we could not imagine our lives without each other. In 2008, Tommy proposed with my mother's engagement ring, which she'd given him before her passing. We're happier than ever and are so excited about our wedding in summer 2012!"

FOR MORE HOW WE MET STORIES, GO TO 2FORCOUPLES.COM

Divorce, dish, sell

The memoir Eat, Pray, Love has plenty of company

Maybe you were inspired by Elizabeth Gilbert's post-divorce mission to find herself (and, incidentally, a hot new boyfriend) in Eat, Pray, Love, her 2006 memoir chronicling her "search for everything across Italy, India and Indonesia." Maybe it turned you into a spiteful, hungry atheist. Doesn't matter: Not only did her book sell millions of copies, but its film adaptation opens this Friday starring none other than Julia Roberts.



▶ Julia Roberts stars in the film version of Eat, Pray, Love.

Why do we want to know, and why do they want to tell? We hit up other divorce memoir writers — there were, maybe not surprisingly, plenty to choose from — for answers.

MONICA WEYMOUTH

Every story is different

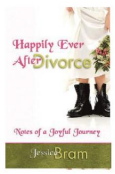


Stacy Morrison decided to write Falling Apart in One Piece after being surrounded by women at cocktail parties who were curious about her divorce — and it wasn't exactly a simple story to tell.

"The goal was to say 'Here's what it looks like,'" she says.

"I think it's funny, and more than a little f—ed up, that we always think there's a rat bastard."

Most people need practical advice



Although Jessica Bram calls Gilbert an "amazing writer," it didn't resonate with her experience as a mother of three who had long been out of the dating pool. Her book, Happily Ever After Divorce: Notes of a Joyful Journey speaks to those who don't have a year to go on vacation. "Most people have more things to worry about," she says. "This is the book I wish I had when I was going through my divorce."

It's good for a couple of laughs



For Sascha Rothchild, finding the humor in divorce led to How to Get Divorced by 30. She's happy to show the more lighthearted side of what plenty of couples go through: "You don't have to go find yourself in Italy," she says. "In the '40s and '50s, there were all these fantastic, funny divorce movies: His Girl Friday, The Awful Truth. It's weird — now it has to be this sad, horrible thing."





Fun and Frugal



LESLEY SCORGIE
MONEY@METRONEWS.CA

INVEST RESPONSIBLY

Our investment choices can make a difference. South African Apartheid, an unethical system of legal racial segregation, was dismantled in the 1990s in part because socially responsible outside investors, companies and pension funds, divested their financial interests in the country until political changes were made.

Socially responsible investing (SRI) encompasses the protection of people, health, environment, and human rights. Typically it means avoiding investing in companies involved in things like environmental degradation, endangering public health and well-being and human rights abuses.

Socially responsible fund managers, for example, avoid businesses involved in tobacco, alcohol, gambling and the development of weaponry. "Green" investing focuses on environmental protection.

If you're interested in SRI, examine your values and use one of following three approaches: Divest your interests out of an unethical situation; screen out certain investments and avoid including them in your portfolio altogether; and/or become a shareholder activist to produce change through advocacy and shareholder voting rights. Professional money managers will employ similar strategies on your behalf, and you pay management fees.

Based on a recent performance report published by socialinvestment.ca in 2008, you can make money in the Canadian SRI market. Because the market is new, performance results are somewhat unpredictable. But, the SRI market has gained significant momentum recently, growing to over $500 billion in Canada. In the U.S., SRI has increased by 258 per cent in the past 10 years. In Europe, the SRI market is valued at more than 1 trillion euros. The dramatic increase has been attributed to large pension funds adopting new social and environmental screening policies.

To mitigate the risk of choosing a bad investment, do your research and consider fund history, management, and future direction. Try to stick with investments that have existed for more than ten years so you can evaluate long term performance.

Security questions got you stumped?

If you rely on your memory for financial on-line or telephone access you'll waste endless time sitting on your butt waiting in a call centre queue

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



I'm a big fan of keeping things simple but it isn't easy in this complicated financial world. A typical family has multiple credit cards, debit cards, loans, investment accounts (RRSP, RESP, TFSA, RRIF) and often non-registered accounts as well.

Add to that a raft of bills from utilities to cell phones and it's a staggering number of client IDs, PINs and passwords to remember.

A few years ago, when I logged on to my bank account from my husband's computer, I was asked a series of security questions "for my own protection." I've had the account for years and for the life of me I couldn't remember the answers to the questions I'd posed way back when. After three incorrect answers I was shut out.

A vast number of my financial activities are controlled through that account and I was paralyzed for two days, during which I hoped the bank computer would simply "forget" I'd already struck out. No such luck. Finally, I summoned the fortitude to enter the dreaded call centre queue.

Fortunately, I had recorded my telephone pin on what I call a Financial Bomb Shelter — a spreadsheet of my cyber and telephone life. Lesson learned. I went back into each account and recorded all my security questions on the spreadsheet.

My system is handy in case of disaster or something as mundane as a memory lapse. And while we're exhorted not to commit things like passwords, PINs and ID numbers to paper, I defy the average working Joe or Jill to remember every single cyber code in their lives.

Keep your Financial Bomb Shelter safe and it will keep you safe.



▶ The average number of passwords, PINs, client IDs and secu rity questions that a working adult needs to remember is 62.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.250%
CIBC	0.70%
HSBC	0.75%
ING	1.50%
PCF	1.10%
RBC	1.0%
SCOTIA	1.15%
TD	1.25%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE



Unusually deep camp roster features 12 forwards, eight defencemen and two goaltenders with QMJHL experience **Mooseheads have until trade deadline on Monday, Aug. 23, at 10 a.m. to make deals**

THE CANADIAN PRESS



▶ Luca Ciampini stands between Halifax Mooseheads head coach and general manager Cam Russell, left, and owner Bobby Smith after being selected second overall at the QMJHL draft in Drummondville, Que., in June.

GM promises no free rides at Mooseheads camp

MATTHEW WUEST
@METRONEWS.CA

Decisions, decisions, decisions.

Yes, for the first time in his tenure as general manager, Cam Russell is facing some tough ones when it comes to his roster as the Halifax Mooseheads open training camp at Cole Harbour Place tomorrow.

After two dreadful years in the QMJHL basement, the Mooseheads have slowly restocked the cupboards to the point where overall team depth will dictate that several QMJHL-calibre players will be either traded or cut.

"This is the first year in a while where we've really looked at our roster for training camp and we're actually trying to figure out where everybody is going to play," said Russell, who took over as general manager in January 2009 but is entering his fifth season as head coach.

"It's the first time we've been really excited looking at the lineup, coming into camp, in a while."

The Mooseheads' 42-player training camp roster features a whopping 24 players with at least one game of QMJHL experience and a handful of highly touted freshmen ready to take their spots.

Up front, decisions will be most difficult, with hotshot rookies Luca Ciampini, Darcy Ashley, Matthew Boudreau, Andrew Ryan and Francis Turbide hungry for ice time along with 11 returning regulars.

"There are no guarantees — nobody is getting a free ride here," Russell said. "The players who show us and prove to the fans they'll do anything to be in the lineup — those are the players we want."

A new season

Mooseheads fans are sure to be celebrating today's opening of training camp. Here's what to be on the lookout for:

- **Today** The Mooseheads will have off-ice testing and a team barbecue at Cole Harbour Place.
- **Sunday** The Mooseheads have a home-and-home exhibition series with the Saint John Sea Dogs on Saturday and Sunday. They play at the Forum on Sunday at 4:30 p.m.
- **More info** Follow @metroqfiles on Twitter and visit www.metronews.ca/qfiles for the latest from Cole Harbour Place.

4 sports

The connection


Wesley Sneijder


Wayne Rooney

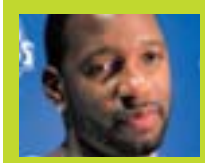

Lionel Messi


Diego Milito

Can you guess the connection between these soccer players? Answer below.

ANSWER: THEY WERE ALL NAMED ON A 12-MAN SHORTLIST TO BE UEFA'S CLUB FOOTBALLER OF THE YEAR.

Quoted



"It's not like I'm 41 or even 35. I just turned 31. No one has come down and stolen away my talent — I still have a lot in the tank."

TRACY MCGRADY, WHO SIGNED WITH THE DETROIT PISTONS YESTERDAY.

Dunbrack, Suburban rise to top of Premiership

Halifax Dunbrack has a new foe in the way of winning a Nova Scotia Soccer League Premiership men's championship.

Dunbrack, which has lost in the provincial final to Halifax City the past two years, will face Suburban FC tonight at 8:30 p.m. at Mainland Common.

City, the three-time defending champion, didn't make the playoffs this year, and Dunbrack and Suburban have been the cream of the crop all summer.

"The two teams that went for the younger, fast-paced, more athletic teams are meeting in the finals, and it's no coincidence," Dunbrack head coach Alan Jazic said.

MATTHEW WUEST

Rainmen alum finds new team

Kadiri Richard has a new team in the United Kingdom. The former Halifax Rainmen fan-favourite signed with the defending BBL champion Newcastle Eagles after a strong season with the Worthing Thunder of the same league.

METRO HALIFAX

National team hits Greece

Canada's national men's basketball team, featuring Halifax Rainmen alumni Jermaine Anderson and Jevohn Shepherd, is competing at a three-day exhibition tournament in Greece starting today.

METRO HALIFAX

Moosehead Dry's Head honoured

Chris Head of Dartmouth Moosehead Dry has been named Nova Scotia Senior Baseball League Cleve's player of the week. The outfielder had three home runs, a triple, three doubles, three singles, seven stolen bases, 10 runs and 11 RBI last week.

METRO HALIFAX

Wozniak falls at Rogers Cup

Quebec native loses in first round for second straight year Failed to capitalize on opponent's erratic serve

The Rogers Cup has lost its top-ranked Canadian as local favourite Aleksandra Wozniak of Blainville, Que., fell in straight sets 6-3, 6-2 to Timea Bacsinszky of Switzerland in front of a strong centre-court crowd at Uniprix Stadium last night.

Bacsinszky's serve was extremely erratic with a first-serve percentage of only 39 per cent, but Wozniak was unable to take advantage.

Wozniak began the match well with three service winners and an ace in the opening game, but her game began to go downhill when Bacsinszky broke her serve to go ahead 2-1 in the first set.

Wozniak wasted a break point opportunity in the subsequent game and then double faulted twice to hand Bacsinszky another break for a 4-1 lead.

THE ASSOCIATED PRESS FILE PHOTO



▶ Aleksandra Wozniak

It was the same pattern in the second set as Bacsinszky got a break to go ahead 3-1 and never looked back, winning in straight sets in a swift 64 minutes.

It was only Wozniak's second tournament since losing to Jelena Jankovic in the second round at Wimbledon in June as she has battled tendinitis.

THE CANADIAN PRESS

Other results

- **Canadian doubles** Marie-Eve Pelletier of Repentigny, Que., and Toronto's Sharon Fichman fell 6-3, 7-5 to the team of Daniela Hantuchova and Caroline Wozniacki. Heidi El Tabakh of Oakville, Ont., and Vancouver's Rebecca Marino also dropped their first round match 6-2, 6-1 to the sixth-seeded team of Yung-Jan Chan and Jie Zheng.
- **Upset** The tournament had its first upset in its very first match as 14th seed Shahar Peer of Israel suffered a straight set loss to Estonia's Kaia Kenepi 6-3, 6-3.
- **Close call** Crowd favourite Aravane Rezai of France was nearly ousted as well, but the 16th seed recovered in time to defeat Petra Kvitova of the Czech Republic 6-7 (1), 7-5, 6-3 to the delight of centre-court fans.

Canseco. He's back



▶ Former American League MVP Jose Canseco speaks to the media during a news conference yesterday.

ULYSSES S. ROMERO/THE ASSOCIATED PRESS

Canseco signs with minor league club

Jose Canseco has signed a contract with an independent minor league team in south Texas. The 46-year-old Canseco, a central figure in baseball's steroid era, was introduced yesterday as a member of the Laredo Broncos — one of six teams in the United Baseball League. Canseco, a former Blue Jay, says he'll play designated hitter, serve as a bench coach and pitch for the team. He'll play in Laredo's remaining six home games this season.

THE ASSOCIATED PRESS

Raptors waive Jones

The Toronto Raptors waived forward-centre Dwayne Jones yesterday.

He was acquired with guard Leandro Barbosa in a July 14 trade with Phoenix that saw disgruntled forward Hedo Turkoglu go to the Suns.

Jones, a six-foot-10, 250-pounder, is a five-year NBA veteran. With the move, the Raptors' roster is down to 15 players.

Toronto also announced the addition of Scott Roth as an assistant coach yesterday. He spent last season as an assistant with the Golden State Warriors.

THE CANADIAN PRESS

Sports in brief

K-Rod out for rest of season

MLB. Mets closer Francisco Rodriguez has a torn thumb ligament in his pitching hand sustained during a fight with his girlfriend's father at Citi Field and will need surgery that will sideline him for the rest of the season.

Messi criticized by teammate

SOCCER. Lionel Messi has been criticized by Argentina teammate Martin Palermo, who says the Barcelona star lacks the leadership qualities that Diego Maradona had when he led Argentina to the 1986 World Cup title.

Medal rush for Canadians

YOUTH OLYMPICS. Canada is on the board at the Youth Olympic Games after winning five medals in a span of 45 minutes yesterday.

Swimmer Rachel Nicol of Lethbridge, Alta., and wrestler Dori Yeats of Montreal each won gold while three others captured bronze medals.

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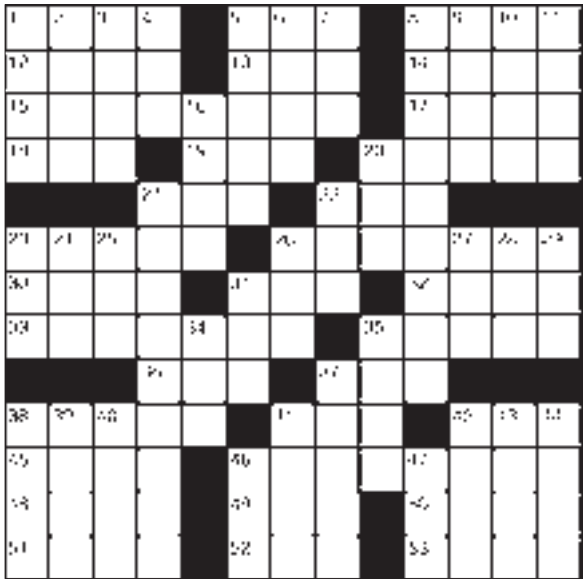
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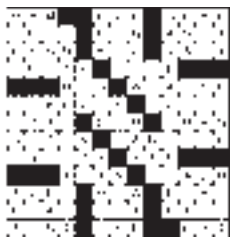
Crossword



Across
1 Elderly
5 Bookkeeper (Abbr.)
8 Smog
12 Kill
13 Scepter
14 Yale grads
15 Comment before an attempt
17 "Phooey!"
18 Longing
19 Deterioration
20 Spooky
21 Catch some rays
22 Lingerie item
23 Suspicious
26 Drank
30 Hint
31 Jewel
32 Ripped
33 Worked in retail, maybe
35 Drive off
36 Conger, e.g.
37 Support-ing
38 Muscular
41 Caribbean, for one
42 Carte lead-in
45 — -European
46 Electronic musical instrument
48 Finished
49 Have a bug
50 "So be it"
51 "Auld Lang —"
52 Petrol
53 Parks of civil rights fame

Down
1 Wan
2 High school-based Fox show
3 Deserve
4 Prepare Easter eggs
5 Sing a la Bing
6 Versifier
7 Billboards
8 Heaven, perhaps, with "the"
9 Winged
10 Tubular pasta
11 Being, to Brutus
16 CSA uniform colour
20 Mound stat
21 So
22 Mooch
23 TV watchdog org.
24 Under the weather
25 Seek damages
26 Proof abbr.
27 Dandy
28 Before
29 East Coast st.
31 Toothpaste type
34 Crucial
35 Bellow
37 Senses
38 Resumes, for short
39 A deadly sin
40 Paradise
41 Actor LaBeouf
42 Bullets and such
43 Tells a whopper
44 Actress Paquin
46 Label
47 Corn spike

▶ Yesterday's answer



Sudoku

	9				6	1	3	
		7					2	9
				8		4		5
			4	3				1
	1						9	
7				2	9			
3		6		5				
2	5					3		
	8	4	6				1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	9	6	2	3	4	8	7	5
4	8	2	7	9	5	1	6	3
3	7	5	6	8	1	4	2	9
6	4	8	9	7	2	3	5	1
9	2	1	3	5	6	7	4	8
7	5	3	4	1	8	6	9	2
8	1	4	5	2	7	9	3	6
2	3	7	8	6	9	5	1	4
5	6	9	1	4	3	2	8	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Vani, I would do absolutely anything for you my da..You are a blessing in my life. Happy Birthday!!! **JESON**

*Happy 20th Birthday to the best daughter in the world! We are very proud of you Anisa. May all your hopes & dreams come true. Ameen** **LOVE MOM, DAD & AHMED**

To my darling Vicky. You are my sexy lady. Can't wait to see you for your birthday! **LOVE JOEY!**

The day I met you, I knew we were meant to be. Ty, you mean the world to me. Happy 9 Month!!! I love you always:) **LOVE, LORE**

Lorena, you are the greatest thing that has ever happened to me. The past 2 years with you have been amazing and I look forward to many more by your side. I love you so very much. forever and ever sweetie. **DRE B.**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You cannot afford to make enemies today. If others get angry with you, for whatever reason, don't get angry back. Stay calm and refuse to make an issue of it.

♉ Taurus April 21-May 21 You seem to be expending a lot of energy and a lot of emotion on something that simply isn't that important. It's time to get over it, and also let others know that from here on in they are on their own.

♊ Gemini May 22-June 21 Cosmic activity in your chart means there is nothing you cannot do if you want it enough, but that is not an invitation to go out and do everything. It's about quality, not quantity.

♋ Cancer June 22-July 22 Your family may mean everything to you but you don't have to put them first all the time. If you devote all your energy to domestic issues today you will soon become irritable.

♌ Leo July 23-Aug.23 You are always impatient with people who think and act slowly, the kind of people who can never seem to make a decision. But don't get so impatient today that you say or do something you might later regret.

♍ Virgo Aug. 24- Sept. 22 You may be desperate to break out of a rut but if you make your move now you could find yourself in an even worse position than before. Be patient. Better times are coming.

♎ Libra Sept. 23-Oct. 23 If you risk everything now you may regret it later in the week. What's the big rush? Believe it or not time is still very much on your side.

♏ Scorpio Oct. 24-Nov. 22 Your main aim today must be to stand back and see what is going on in the world from a wider perspective, because only from a distance will you be able to tell what is fact and what is fiction.

♐ Sagittarius Nov. 23-Dec. 21 Your confidence is high but be careful because the line between self-belief and reckless behaviour can be so easy to cross. Think twice today before doing anything that might provoke an extreme reaction.

♑ Capricorn Dec. 22-Jan. 20 Don't sit around waiting for opportunities to come your way — get into the world and start making things happen.

♒ Aquarius Jan. 21-Feb. 18 Planetary activity will give you the decisiveness you need to get things done, along with the ability to make others feel good by saying the all right things. A winning combination.

♓ Pisces Feb. 19-March 20 By all means speak your mind today but speak it in such a way that you don't risk making enemies of people who disagree with your views. Life is too short to waste time on arguments neither side can win.

SALLY BROMPTON

MICHAEL SOHN/THE ASSOCIATED PRESS

Caption contest



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JOEL PHILIPPSEN/THE ASSOCIATED PRESS



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AIR CANADA VACATIONS



Deals of the week

CUBA

Cayo Coco/Cayo Guillermo via Toronto

TRYP Cayo Coco • 4★

All-Inclusive • Standard rm.
Sept. 18 & 25 • 1 wk.

$589
+Taxes & other fees (including service charges): $240

Varadero via Toronto

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.
Sept. 11–26 • 1 wk.

$699
+Taxes & other fees (including service charges): $240

JAMAICA via Toronto

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive
Junior suite
Sept. 2, 4–25 • 1 wk.

PRIVILEGES
$999
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

Iberostar Rose Hall Beach • 4 1/2★

All-Inclusive
Standard garden view rm.
Sept. 2, 4–25 • 1 wk.

$1039
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

BAHAMAS

Great Exuma via Toronto

Augusta Bay • 3 1/2★

Continental breakfast
Oceanview queen rm.
Sept. 5–26 • 1 wk.

$929
+Taxes & other fees (including service charges): $205

Grande Isle Resort & Spa • 4★

Continental breakfast
One-bedroom villa garden view
Sept. 5–26 • 1 wk.

$1299
+Taxes & other fees (including service charges): $205

TURKS & CAICOS via Toronto

Royal West Indies Resort • 4★

Studio botanical view
Aug. 28 & 29 • 1 wk.

$1079
+Taxes & other fees (including service charges): $267

SAINT LUCIA via Toronto

The Village Inn & Spa • 3★

All-Inclusive
Standard rm.
Aug. 28 & 29 • 1 wk.

$1279
+Taxes & other fees (including service charges): $238

DOMINICAN REPUBLIC

Samana via Toronto

Bahia Samana Roulette • 4★

All-Inclusive • Run ot the house
Oct. 3–31 • 1 wk.

$999
+Taxes & other fees (including service charges): $325

Puerto Plata via Toronto

Bahia Principe San Juan • 4★

All-Inclusive • Standard rm.
Oct. 1–29 • 1 wk.

$799
+Taxes & other fees (including service charges): $325

MEXICO

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2★

All-Inclusive • Deluxe rm.
Feb. 13 • 1 wk.

$1169
+Taxes & other fees (including service charges): $284

Grand Sirenis Riviera Maya Hotel & Spa • 5★

All-Inclusive
Junior suite
Feb. 13 • 1 wk.

$1329
+Taxes & other fees (including service charges): $284

USA

FLORIDA | Tampa via Toronto

Tradewinds Sandpiper Beach Resort • 3★

Standard rm.
Oct. 1–31 • 4 nts.
4th night FREE

$689
+Taxes & other fees (including service charges): $146

CRUISE

Carnival Cruise Lines[1]

Carnival Victory®

Southern Caribbean Cruise
Flights to San Juan via Toronto
Oceanview stateroom, cat. 6B
Feb. 27 & Mar. 6 • 1 wk.

FREE seat selection, transfers & gratuities

$1429
+Taxes & other fees (including service charges): $287

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SORENTO EX-V6 LUXURY SHOWN

2011 KIA SORENTO

- HWY: 7.4L/100KM (40 MPG) CITY: 10.6L/100KM (27 MPG)
- BLUETOOTH CONNECTIVITY°
- HEATED FRONT SEATS

Sale Price From
$22,995‡
Cash Purchase Price

Save up to
$1,000

CAR OF THE YEAR®



FORTE EX SHOWN

2010 KIA FORTE

- HWY: 5.8L/100KM (49 MPG) CITY: 8.3L/100KM (34 MPG)
- BLUETOOTH CONNECTIVITY°
- STEERING WHEEL AUDIO CONTROLS

Sale Price From
$13,995†
Purchase Price

Save up to
$1,800

AND 0% FINANCE APR FOR UP TO 60 MOS**

Crash Test Rating
NHTSA - Frontal impacts›



RONDO EX SHOWN

2010 KIA RONDO

- HWY: 7.5L/100KM (38 MPG) CITY: 10.6L/100KM (27 MPG)
- BLUETOOTH CONNECTIVITY°
- 3-ROW SEATS AVAILABLE

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Purchase Price

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$1,600

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**0% purchase financing available on all 2010 Kia models for up to 48 months on approved credit (OAC). 0% purchase financing available on 2010 Rio/2010 Forte (FO540A only)/2010 Rondo/2010 Sedona for up to 60 months on approved credit (OAC). Cash back varies by model and trim. •"No Payments Until Fall" (60 day payment deferral) applies to purchase financing offers on all new 2010 and 2011 Kia models. No interest will accrue during the first 30 days of the finance contract. After this period interest starts to accrue and the purchaser will repay principal and interest monthly over the term of the contract. ▲MSRP for 2011 Sportage (SP554B) is $21,995. Delivery and destination fees of $1,650 and PPSA excluded. License, registration, insurance, dealer administration fees and taxes are excluded. ‡Cash purchase price for 2011 Sorento (SR540B) is $22,995 and includes a cash credit of $1,000 based on an MSRP of $23,995. Delivery and destination fees of $1,650 and PPSA excluded. License, registration, insurance, dealer administration fees and taxes are excluded. †Purchase price for 2010 Forte (FO540A)/2010 Rondo (RN750A) is $13,995/$19,395 and includes a cash rebate of $1,800/$1,600 based on an MSRP of $15,795/$20,995. Delivery and destination fees of $1,455/$1,650 and PPSA excluded. All offers exclude license, insurance, other taxes, down payment and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. ›Highway/city fuel consumption for 2010 Forte EX (FO540A) is 5.8 L/49 MPG/8.3 L (34 MPG); 2011 Sorento 2.4L MT (SR540B) is 7.4 L (40 MPG)/10.6 L (27 MPG); 2010 Rondo (RN750A) is 7.5L (38 MPG)/10.6L (27 MPG); 2011 Sportage (SP554B) is 6.9L (41 MPG)/10.0L (28 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. ^2011 Kia Sorento awarded the Top Safety Pick by the *Insurance Institute for Highway Safety*. The award is applicable on all 2011 Sorento models manufactured after March 2010. Visit www.iihs.org for full details. ®The 2010 Kia Forte was awarded Car of the Year by *NADAguides.com*. To learn more please visit www.NADAguides.com. ®NHTSA (*National Highway Traffic Safety Administration*) test results. Visit www.safercar.gov for full details. ™The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some vehicles advertised may include optional accessories or after-sale equipment and may not be exactly as shown. Information in this advertisement is believed to be accurate at the time of print. Offer ends August 31st, 2010. KIA is a trademark of Kia Motors Corporation.